



# EMPLOYEE NEWSLETTER

Volume 8, Issue 5

November 30, 2020

## HALLOWEEN AT AHCS

With October came spooky season to AHCS, and our employees brought out their best costumes to celebrate! Even a pandemic couldn't slow down employee participation in our Halloween costume contest. There were many that were deserving, but there could only be one winner! **Group Winner: The Sanderson Sisters (Second Place: Merryfield Board Games). Individual Winner: The Other Mother (Second Place: Mizz 2020).** See Page 3 for additional photos.

**The Sanderson Sisters**  
First Place Group



**The Other Mother**  
First Place Individual



### Meet the Faces:

<b>Lifeskills</b>	<b>Merryfield</b>
Ken Crowder	Michael Rogers
<b>Clubhouse</b>	Heidi Via
Roxie Ballogg	



<b>October</b>	29 - Betty Cash
2 - Susan Chittum	31 - Tammi Kwasnik
3 - Jacob Brandimore	
4 - Melissa Sparks	<b>November</b>
5 - Brittany Foscoe	10 - Linda Southall
8 - Kelsey Hayslett	13 - Melissa Zimbro
8 - Danielle Helton	14 - Bill Krafft
17 - Toni Cason	15 - Michael Rogers
18 - Virgie Hoover	16 - Angie Goodbar
19 - Sa'Mone Moore	22 - Malak Iskandar
20 - Roby Heath	26 - Carlee Lawrence
20 - Phoebe Hicks	

## A Message from our Executive Director

As the most tumultuous year in winds down, I have been reflecting on the strength that comes from adversity. This year has tested us in myriad ways – physically, psychologically, emotionally, medically – and as hard as it has been, I believe we will come out stronger for it as a nation. We have learned what we can do with more limited means; we have learned to adapt to rapidly changing circumstances; we have become increasingly creative; and we have been reminded over and over that we are stronger together than we are alone. I am proud of this agency and all that we have endured. On behalf of the Board of Directors, Leadership Team, and staff, we wish you happy holidays and a wonderful new year!

## AHCS All-Employee Annual Meeting



On October 22nd, AHCS held its first virtual All-Employee Annual Meeting. Employees tuned in to Zoom from their work computers. During the meeting, Executive Director Ingrid Barber gave her remarks on the state of the Agency. She explained how proud she was of all Agency employees for the work they have done during the pandemic. Board Chair Anne Dean delivered a message from the Board of Directors. Rhonda Adams was recognized as the recipient of this year's C.A.R.E. Spirit Award (see photo). This award recognizes an employee who has made a significant contribution to the benefit of AHCS, an individual or the community and the activity for which they are being recognized demonstrates excellence or exceeds their normal job responsibilities. Congratulations and well deserved to Rhonda!

*Alleghany Highlands Community Services  
Above and Beyond Award*

**Amanda Webb**

For going Above and Beyond for Guardianship clients during the COVID-19 pandemic.

Several employees were recognized for their service during the meeting: Stephanie Hepler (15 Years), Gloria Humphries (15 years), David Kornhiser (10 years), and Sam Feazell (5 years).

## Prevention Services

Saturday, October 24 the DEA sponsored a national Drug Take Back Day. In coordination with the Allegheny County Sheriff's Office, Covington Police Department, and Lewisgale Allegheny hospital; the Healthy Youth Coalition gave out "goody bags" that included medication locking caps, trigger locks and cable locks. Medication lock boxes were also provided for free to those who were interested. The CVS location in Clifton Forge collected 58 pounds of expired or unused medications and the Walmart location collected 196.8 pounds. As a reminder we have permanent medication drop boxes at the Allegheny County Sheriff's Office and Covington City Police Department, these boxes are accessible 24/7.

## Clubhouse News

October and November have been great, enjoyable months at Clubhouse. A Halloween party was held with fun games, good food, and candy. There was a pumpkin decorating contest this month with some scary, creative and funny pumpkins. In November a wonderful Thanksgiving feast was prepared by Megan and some of the members. Great turkey, mashed potatoes, stuffing, mac and cheese, and pie was enjoyed by all. We do have sad news to announce long time PSR staff member Samantha Fezell is moving onto another job. Special thanks to her for everything she has meant to the program over the years and best of luck with your new job. Moving on to happy news Whitedove Ballogg started working at Clubhouse in November and has done a wonderful job of incorporating her great skills to help our members and their recovery. We welcome her and everything she has to offer to our program.

## Updates at the Clinic

Starting November 2<sup>nd</sup>, **Same Day Access** hours were expanded and we are now open from 11AM-3.30PM. Multiple clients can now be checked-in at the same time.

We are excited about our new upcoming initiative at the **MH/SUD Clinic** starting Monday December, 14, 2020. We are looking to move to a **group model** of offering psychotherapy services. We will be offering groups on trauma for both men and women, wellness and recovery, emotional wellness, preparing for change, healthy relationships, life skills in addition to existing groups on anger management, coping skills, MET, MRT, IOP, MAT. Group therapy helps individuals realize that they are not alone in facing a certain problem. It provides an opportunity to learn from each other and develop self-efficacy.

Individuals coming through access will be oriented and scheduled for group therapy.

## Friendship's Remodel



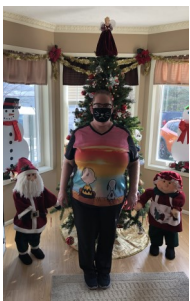
We are excited about the many renovations that have occurred at Friendship, to include: the front entrance way, screened in porch, the first resident bedroom and sitting area, and flooring in the two bathrooms upstairs. In the coming months, a bathroom and laundry addition will be built on the first floor with funding from KOVAR. Over the past year, the house has taken on a total makeover and truly has become a beautiful home for the individuals.

## Lifeskills' Gardening Club



The day support program started a "Gardening Club" that meets regularly to support a plant nursery on the third floor of the Life Skills building. We are growing succulents, Christmas cactuses, wandering jews and pothos vined plants. These plants will be sold by the participants during the Friday Farmer's Market in downtown Clifton Forge next spring.

## Merryfield News



DSLCC has been awarded grant monies to assist residents of the community to participate in their C.N.A. program. The funding assists the students with tuition, materials, travel expenses and daycare. The grant has allowed six AHCS employees to participate in the program. DSLCC has blended the program to assist our Agency with staffing needs by using prerecorded virtual classes that can be watched at the leisure of the employee. Mr. Doug Jones, Coordinator, and Mrs. Tiffany Rosales, C.N.A. instructor, have been instrumental in helping our employees be successful in the program while continuing to work. Mr. Jones has assisted with finding additional funding for employees as needed so they do not have to pay anything out of pocket.

Governor Northam's mandate changes now allows clinicals to be completed in settings that have reduced residential numbers. That has allowed DSLCC to assist our employees to complete their clinicals at Merryfield.

Pictured is Jacky Cook, an employee of Friendship and Merryfield who is one of the six employees taking advantage of this opportunity.

DSLCC will be starting a new class in January. If anyone is interested, please contact Mr. Jones or Mrs. Rosales at (540)-863-2870.

## Calendar

### December

- 4 - Pay Day
- 9 - CPR (Blended)
- 10 - TOVA (Refresher)
- 17 - Med Refresher
- 18 - Pay Day
- 18 - TOVA (New Hire)
- 23-25 - Christmas (closed)
- 31 - Pay Day

### January

- 1 - New Year's Day (closed)
- 12 - Defensive Driving
- 13 - CPR (Blended)
- 14 - Med Refresher
- 15 - TOVA (Full)
- 15 - Pay Day
- 18 - MLK Day (Floating)
- 22 - TOVA (Refresher)
- 29 - Pay Day

### February

- 8-12 - 32-hour Med Mgmt
- 12 - TOVA (Full)
- 12 - Pay Day
- 15 - President's Day (Floating)
- 17 - CPR (Blended)
- 18 - Med Refresher
- 19 - TOVA (Refresher)
- 26 - Pay Day







